

DETOX-FRIENDLY DESSERTS

...
gluten-free, dairy-free,
refined sugar-free, detox-friendly recipes

sweet treats to keep you joyous!

DETOX-FRIENDLY DESSERTS



sweet & satisfying!



A NOTE FROM JOY!

I call these desserts “detox-friendly” because they are free from gluten, dairy, refined sugar, preservatives and additives; and made with 100% whole, natural ingredients.

Even though some recipes contain unrefined sugar such as maple syrup or honey, these ingredients are just fine in moderation. If you are following the 10 day meal plan in [Joyous Detox](#), then you will avoid ALL forms of sugar and save these wonderful desserts for a special treat beyond the 10 days.

From Matcha Ice Cream Cake to Sweet Potato Rice Pudding, these recipes are absolutely incredible and totally guilt-free!

xo Joy

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discover your path to healthy, inspired living

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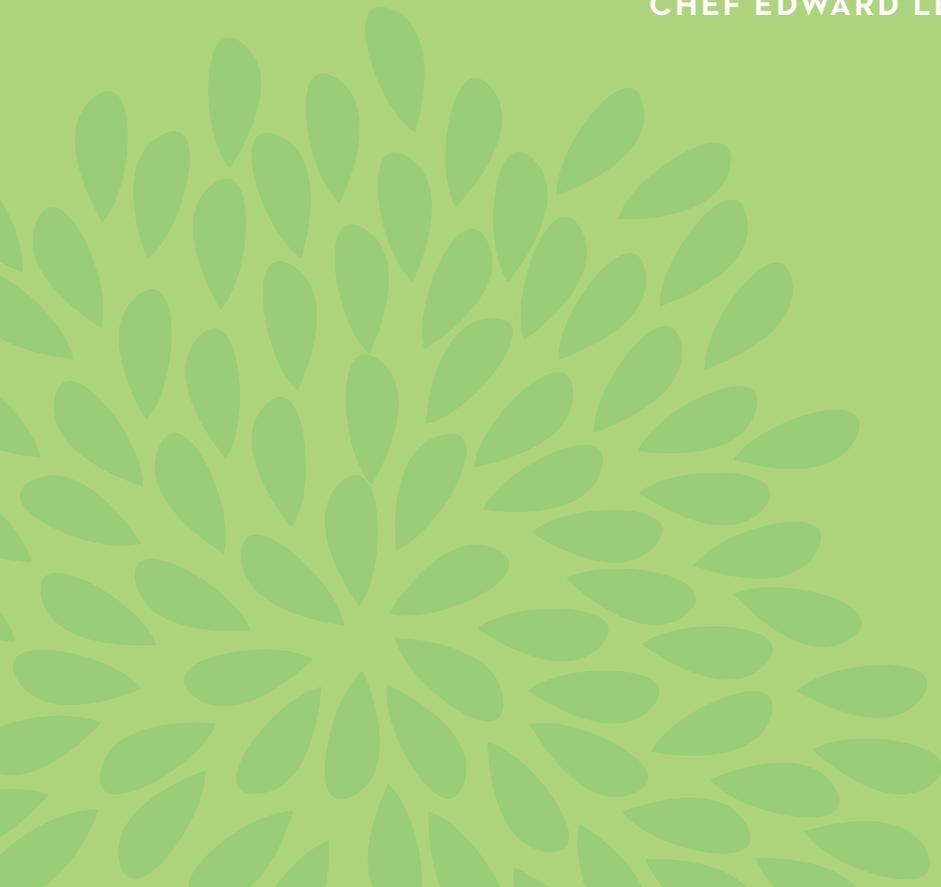
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DESSERT IS LIKE
A feel-good **SONG**
AND THE BEST ONES
MAKE YOU *dance.*

CHEF EDWARD LEE





TRIPLE BERRY NO-BAKE TART

Triple Berry No-Bake Tart

I love making these tarts when we have friends over for dinner because they are always a crowd pleaser, and I love the fact I don't even need to turn on my oven!

Makes 4 tarts

V Vegan **GF** Gluten-free **DF** Dairy-free **RSF** Refined Sugar-free

Bottom

10-12 soft medjool dates (make sure you buy "medjool" dates)
2 cups walnuts
¾ cup shredded coconut, unsweetened
3 tsp ground cinnamon
2 tbsp coconut oil

Cashew Cream

1 cup soaked cashews, rinsed and drained (soak min. 4 hours)
1 tsp vanilla extract or powder
¼ cup nut milk
5-6 drops stevia or 3 tbsp real maple syrup

Top

¼ cup gooseberries
¼ cup raspberries
¼ cup blueberries

Make the bottom of the tarts by placing all ingredients in the blender or food processor and blitz until a fine crumble. Divide mixture evenly between four round 3" diameter tart pans. Press down into bottom of tart pan with your hands.

To make the Cashew Cream, place all ingredients in the blender and give a whirl on high until creamy smooth.

Spread the cashew cream on each tart and add berries. Refrigerate for 4-6 hours.

JOYOUS TIP

The good fat from the coconut and cashews make these tarts very fulfilling. I personally find that half of a tart is enough for me, which means leftovers for the next day!



fulfilling!

BLUEBERRIES: NATURE'S CANDY!

Antioxidant-rich: Very high in anthocyanins — a flavonoid that gives blueberries their rich deep blue colour — wild blueberries contain more than their cultivated (larger) siblings. These potent plant chemicals act to protect the brain and nervous system, and even improve memory.

Enjoy all year-round! Freezing blueberries does not damage their anthocyanin content which is why you can buy them year-round from the frozen section at your local grocery store.

Blood Sugar Balancing: Relatively low on the Glycemic Index (GI). If you combine blueberries with other foods that are lower on the GI as well, like protein and good fat, then this lowers the overall glycemic load of the meal.



try this recipe!

Love blueberries? Check out the [Rawkin' Blueberry Cheesecake](#) on page 255 of [Joyous Detox](#).



SWEET POTATO RICE PUDDING

Sweet Potato Rice Pudding

The first time I made this pudding everyone was blown away by the flavours – in a good way. I let the spices take all the credit because when you use really good quality organic spices your taste buds will be seriously joyous!

Makes 8-10 servings. Freezes well.

V Vegan **GF** Gluten-free **DF** Dairy-free **RSF** Refined Sugar-free

5 cups cooked brown rice (approximately
2 cups uncooked)
1 ½ cups nut milk
½ cup chopped walnuts
1 banana mashed
¼ cup brown rice syrup or real maple syrup
2 tsp pure vanilla extract
½ tsp ground nutmeg

2 tsp ground cinnamon
1 tsp ground ginger
¼ tsp ground cloves
1 cup cooked sweet potato puree
1 tbsp coconut oil to grease pan



a fiber-rich treat!

I cook the brown rice and sweet potato ahead of time. For brown rice, simply follow the package instructions or just make sure you have a 2:1 ratio, water to brown rice when you cook it. The sweet potatoes are easily steamed for 20 minutes or roasted in the oven for 30 minutes at 350°F.

Mix all the ingredients together in a large mixing bowl. Pour into a greased 8x8 baking dish and bake at 350°F for 35-45 minutes.

I like to top it with walnuts, coconut yogurt and a drizzle of raw honey!



WHY I LOVE SWEET POTATOES

Sweet potatoes are very rich in fiber and beta-carotene, the latter of which give them their beautiful bright orange hue. The colour is also a cue that it's a cancer-prevention powerhouse!

Even though sweet potatoes have a medium ranking on the glycemic index along with beets and leeks, they are actually quite blood sugar balancing, even for type 2 diabetics.

try these recipes!

*Harvest Mason Jar Salad on page 191
or for something hearty, try my
Warm Sweet Potato Kale Bowl with
Quinoa on page 213 in [Joyous Detox](#).*



QUINOA CARROT MUFFINS

Quinoa Carrot Muffins

The perfect guilt-free breakfast muffin even with a schlop of whipped coconut cream on top. These muffins are packed with fiber to keep you feeling very satisfied.

Makes 12 muffins

GF Gluten-free **DF** Dairy-free **RSF** Refined Sugar-free

1 1/3 cups brown rice flour
or quinoa flour

1 tsp baking powder

1/2 tsp baking soda

2 tsp ground cinnamon

1/2 tsp ground nutmeg

2/3 cup soaked raisins or goji berries

2 large eggs

1/2 cup coconut sugar

2/3 cup coconut yogurt

2 1/4 cups grated carrots

Whipped Coconut Cream, page 13

Want to make these egg-free?

2 tbsp chia + 6 tbsp water, let sit for
5 minutes to become pudding-like.

Preheat oven to 350°F degrees.

In a medium bowl, combine flour, baking powder, baking soda, cinnamon and nutmeg. Stir until well blended. Mix in the raisins and set aside.

In a large bowl, whisk the eggs, sugar and coconut yogurt. Stir in the grated carrot.

Using a spatula, gently stir the flour mixture into the carrot mixture until blended. Scoop the batter into muffin cups or a greased muffin tin. Bake for 20 to 24 minutes or until a toothpick inserted comes out clean.

Top each muffin with whipped coconut cream!

joyous tip

Have extra carrots from your farmers' market haul? Flip to page 151 in [Joyous Detox](#) to make my Beet and Strawberry Detox Juice!

Whipped Coconut Cream

For years, I've been making my dairy-free icing by blending up coconut butter, honey and lemon. Super easy to do but certainly not as fluffy and impressive as this icing. This icing is so incredibly versatile – it could be a topping on just about anything! Every step and tip I've provided is super critical to getting this icing super fluffy.

Makes approximately 1 cup

V Vegan **GF** Gluten-free **DF** Dairy-free **RSF** Refined Sugar-free

1 can organic full-fat coconut milk, make sure the coconut milk contains no additives whatsoever

1 tsp vanilla extract

1 tbsp maple syrup or 5 drops stevia

Refrigerate full-fat canned coconut milk and mixing bowl overnight.

Drain the liquid from the can and save for another use. Place the solidified coconut milk into large chilled bowl.

Blend on high with a stand up mixer or hand mixer for a few minutes. You'll start to see it getting thicker and creamier within a couple of minutes.

Just before adding vanilla and maple syrup or stevia give it a taste test because you may wish to leave it as is.

There you have it! This stuff is pure magic.

NUTRITION TIP

The fat in coconut milk is incredibly nourishing. It is rich in a type of fat called lauric acid which is important for a healthy immune system.

These good fats are also very satiating especially compared to your typical store bought cake icing which is FULL of sugar sending your blood sugar on a crazy rollercoaster.



slather it on!





CHOCOLATE MINT DESSERT SMOOTHIE

Chocolate Mint Dessert Smoothie

I love smoothies. My hubs Walker and I have a smoothie every single day. Sometimes it's our breakfast and sometimes we enjoy dessert smoothies like this one. The chocolate and mint are a perfect marriage of flavours and because there's protein in this smoothie, you'll be feeling fulfilled after sipping on it.

Makes 2 smoothies or divide into 4-6 servings and serve in shot glasses

V Vegan **GF** Gluten-free **DF** Dairy-free **RSF** Refined Sugar-free

1 scoop chocolate flavoured plant-based protein powder
1 banana
5 drops stevia or 2 tbsp real maple syrup
3 medjool dates, pit removed
4 tbsp fresh mint

½ tsp cinnamon
½ tsp vanilla extract or vanilla powder
2 tbsp coconut butter
Nut milk to desired consistency
1 tbsp raw cacao nibs for garnish

Place all your ingredients into a blender, give it a whirl until creamy smooth.

Top with whipped coconut cream on page 13 and raw cacao nibs.



COCONUT BUTTER VS COCONUT OIL

Curious about the difference between coconut butter and coconut oil? [Check out this post.](#)

*perfect after
dinner treat!*

WHY I LOVE CACAO

Raw cacao is considered a beauty superfood because of its high level of antioxidants. But what I love about it even more is the fact it gives the body a nice clean energy boost. Unlike coffee that weakens your adrenal glands because it is a stimulant, cacao delivers a nice kick of energy without any negative side effects.

Want to learn the difference between raw cacao and cocoa? [Check out this post.](#)

try these recipes!

Get your chocolate fix without the refined sugar and dairy. Flip to page 252 in [Joyous Detox](#) and try the Chocolate Chia Mousse, and be sure to make my Chocolate Ice Pops on page 262.





MATCHA GREEN TEA ICE CREAM CAKE

Matcha Green Tea Ice Cream Cake

O-M-G! If you like green tea ice cream, you're gonna adore this ice cream cake. I created this recipe just for this ebook and it was an entertaining experiment that turned out amazing! I think it was pure luck.

Serves 8

V Vegan **GF** Gluten-free **DF** Dairy-free **RSF** Refined Sugar-free

Bottom

2 cups pecans
½ cup shredded coconut
½ cup raw cacao nibs
10-12 medjool dates, pitted (make sure you buy "medjool" dates for the best crust)
1 tsp ground cinnamon

Top

1 cup soaked cashews, rinsed and drained (soak min. 4 hours)
1 cup coconut flakes
2-3 tbsps matcha green tea (start with 2 and give it a taste test. I use 3 but I like a strong matcha taste)
½ cup honey or 10-20 drops stevia
2 cups full fat coconut milk (canned coconut milk will yield the best taste)
1 cup of water



To make the bottom of the ice cream cake, pulse the ingredients in a food processor until crumbly. Press mixture into an 8 or 9" springform pan. The smaller size will give you a thicker crust.

To make the top, place all ingredients into a food processor and blend. Pulse until creamy and smooth. Pour over top of crust and freeze overnight or at least for 6 hours.

When you remove it from the freezer, let stand 15-20 minutes before serving. Top with coconut flakes.

NUTRITION TIP

Matcha is ground whole green tea leaves. Be sure to buy certified organic because you're consuming the whole leaf, not just brewing it like you do with green tea. Good quality matcha will not taste bitter at all. It is incredibly high in protective antioxidants and helps to stimulate detoxification of the liver.

WHY I LOVE MATCHA

Matcha is a wonderful source of L-theanine, an amino acid with calming properties. This helps to balance out the energizing affects of matcha.

try these recipes!

Matcha Coconut Milk Latte on page 158 in [Joyous Detox](#) goes great with the Triple Berry No-Bake Tart or try my Matcha Green Tea Smoothie on page 145 for an energizing breakfast.



MEET JOY McCARTHY

Joy McCarthy is the Founder of Joyous Health, a Certified Holistic Nutritionist and best-selling author.



A trusted nutrition expert, Joy has been featured in hundreds of publications both online and in print; and is a regular health expert on TV. Through her innate drive to inspire others, Joy has helped people around the world achieve their wellness goals.

She is also a noted international wellness speaker and a faculty member at the Institute of Holistic Nutrition.

Joy lives in Toronto with her husband, Walker and their daughter, Vienna.

JOYOUS HEALTH

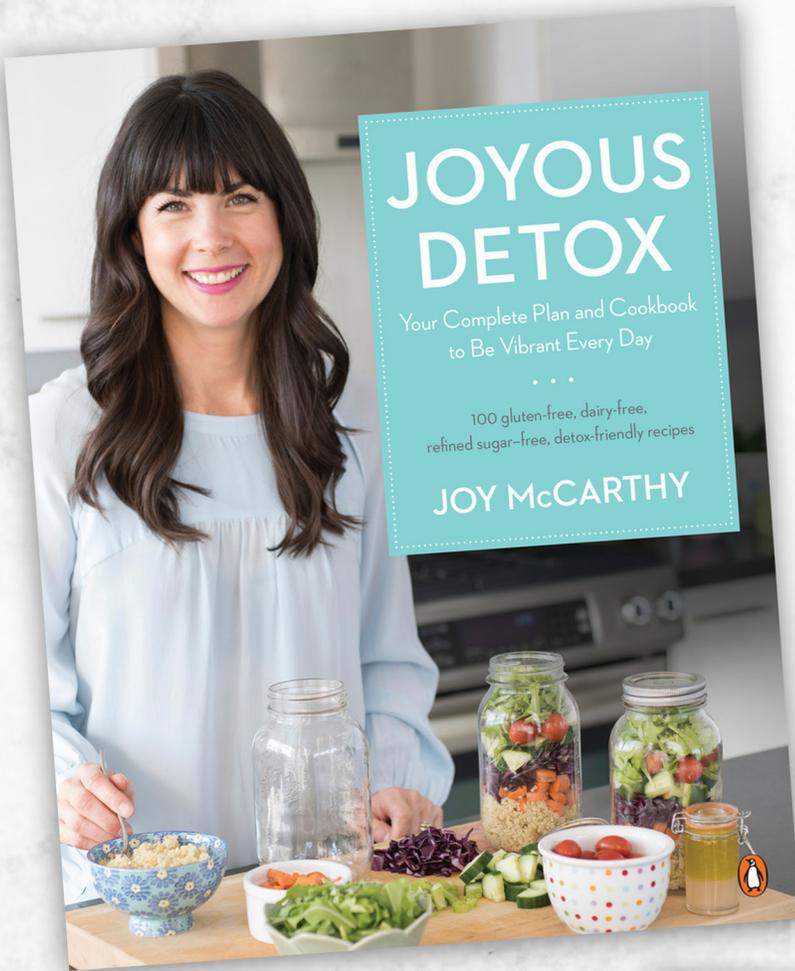
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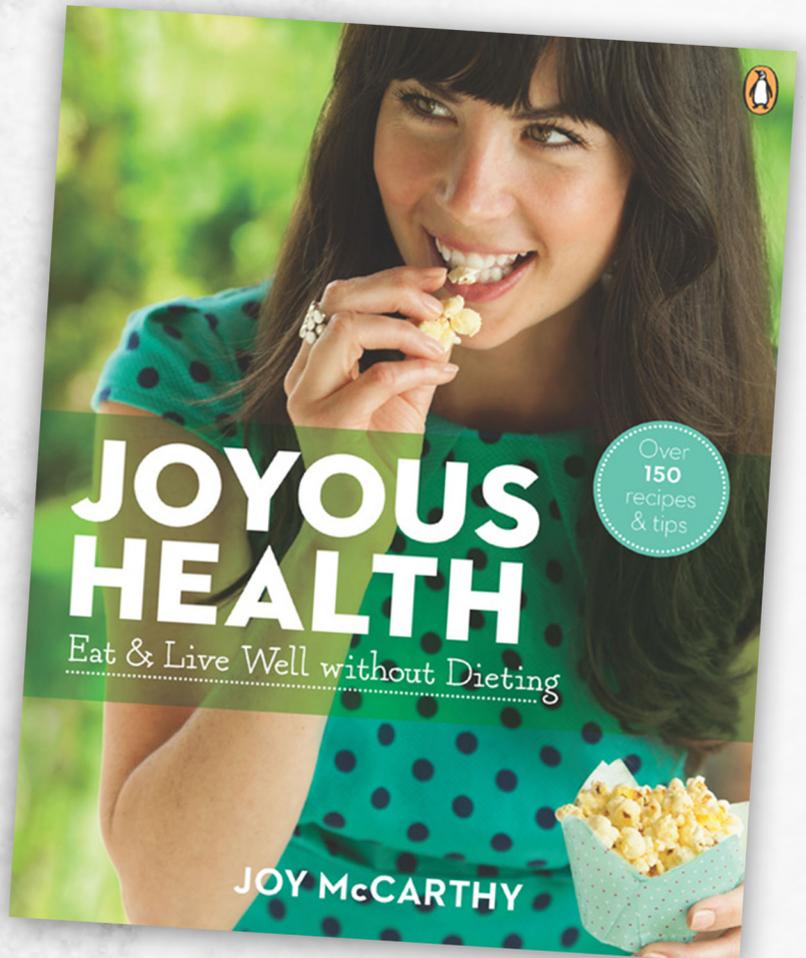


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